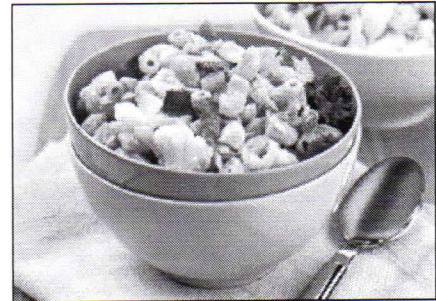




Big Bacon Mac 'n Cheese

1/4th of recipe (about 1 1/2 cups): 247 calories, 6g fat, 620mg sodium, 35g carbs, 5g fiber, 7.5g sugars, 14.5g protein -- PointsPlus® value 6*

We've put bacon in macaroni and cheese before, but never quite like this! There's an explosion of bacon-y goodness in every bite...



Ingredients:

6 slices center-cut bacon or turkey bacon
3 cups frozen cauliflower florets
4 1/2 oz. (about 1 1/4 cups) uncooked high-fiber elbow macaroni
1 cup diced onion
2 tbsp. fat-free sour cream
1 tsp. Worcestershire sauce
4 wedges The Laughing Cow Light Creamy Swiss cheese
2 slices fat-free American cheese
Optional seasoning: cayenne pepper

Directions:

Cook bacon until crispy, either in a large skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Place cauliflower in a large microwave-safe bowl; cover and microwave for 3 minutes. Uncover and stir. Re-cover and microwave for 2 – 3 minutes, until hot. Drain excess liquid. Roughly chop cauliflower, return to the bowl, and cover to keep warm.

In a medium-large pot, cook pasta per package instructions, about 8 minutes. Drain pasta and stir into cauliflower. Chop or crumble bacon, and add to the pasta-cauliflower mixture. Cover to keep warm.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir onion until softened and browned, 4 – 6 minutes.

Stir onion into the contents of the large bowl, and re-cover to keep warm.

In a medium microwave-safe bowl, combine sour cream, Worcestershire sauce, cheese wedges, and cheese slices, breaking the wedges and slices into pieces as you add them. Microwave for 30 seconds. Stir well. Microwave for another 30 seconds, or until cheeses have melted. Stir well.

Add cheese mixture to the large bowl, and thoroughly stir. Dig in, you!

MAKES 4 SERVINGS